

What Are My Strengths?

Name _____

This activity is designed to help you reflect on and understand your key strengths. Everyone, no matter their age or experience, has things they do really well, and things they could develop.

To help you analyse how to reach your goals, consider your strengths and areas of development using the grid below.

<p>Strengths: What do you feel these are? What experiences / examples have made you aware that you are stronger in certain areas?</p>	<p>Development areas: What do you feel these are? Are there experiences that have made you aware of these?</p>
<p>Which strengths could you use to help you achieve your goal? Which strengths would you like to build upon further?</p>	<p>How might these areas of development stop you from achieving your goal? How could you address these?</p>

